Young children who gain too much weight too quickly are more likely to have health problems like diabetes or high blood pressure when they get older. We wanted to see if a program called GROW Healthier would help prevent young children from gaining too much weight.

**WHAT WE WANTED TO KNOW**

- Young children who gain too much weight too quickly are more likely to have health problems like diabetes or high blood pressure when they get older. We wanted to see if a program called GROW Healthier would help prevent young children from gaining too much weight.

**WHO WAS IN THE STUDY**

- 610 families (mostly Latino) from Nashville, TN, mostly 3-5 year olds.

**WHAT WE DID TOGETHER**

- **GROW SMARTER (All families)**: Learning how to use libraries and read regularly with their children.
- **GROW HEALTHIER (Some families)**: Learning how to build healthy habits like exercise, healthy eating, and using parks and recreation centers.

**WHAT WE LEARNED**

- Fewer children gained too much weight. This did not last all 5 years.
- Children ate 100 less calories a day.
- Families used recreation centers 50% more.
- Families learned how to use the library and increased their use by 50%.
- 1 out of 3 children in both groups still gained too much weight.
- Children had more than 1 hour of physical activity a day.

**WHAT THIS MEANS FOR YOU**

The GROW Healthier program improved and sustained healthy behaviors over 3 years. This is good for your health. Unfortunately, it did not slow down weight gain in young children. The families that were the most successful made changes for both parents and children. Focusing on healthy habits for the whole family is most important.

**THANK YOU!**

Your participation in the GROW research study made all the difference! We will keep doing the parts of the program that worked in communities to help other families just like yours.